



## 3RD GRADE BLUE BELT

### IN WHA EE-JAHNG (#2)

			Stance	Section
1.	B	X-Block	F	L
2.	B	Twin Upset Punch	F	M
3.	R	Jump Front Kick	--	M/H
4.	L	Reverse Upward Elbow Strike	F	H
5.	R	Punch	F	H
6.	L	Ridgehand Block	M	H
7.	L	Knifehand Low Block	M	L
8.	L	#3 Hook Kick	--	M/H
9.	L	Round Kick	--	M/H
10.	L	Back Fist	M	M
11.	L	Knifehand Strike	M	H
12.	B	X-Block	F	L
13.	B	Twin Upset Punch - Ki-hap	F	M
14.	L	Jump Front Kick	--	M/H
15.	R	Reverse Upward Elbow Strike	F	H
16.	L	Punch	F	H
17.	R	Ridgehand Block	M	H
18.	R	Knifehand Low Block	M	L
19.	R	#3 Hook Kick	--	M/H
20.	R	Round Kick	--	M/H
21.	R	Back Fist	M	M
22.	R	Knifehand Strike	M	H
23.	L	Knifehand Low Block - Ki-hap	C	L
24.	L	#1 Side Kick	--	M/H
25.	L	#3 Hook Kick	--	M/H
26.	L	Double Knifehand Block	B	H
27.	R	Knifehand Square Block	B	H
28.	L	Reverse Upset Knifehand Strike	B	H
29.	R	Punch	B	M
30.	B	Head Grab	F	H
31.	L	Knee Strike	--	M
32.	R	Side High/Low Block	M	H&L
33.	R	Knifehand Low Block - Ki-hap	C	L
34.	R	#1 Side Kick	M	M/H
35.	R	#3 Hook Kick	--	M/H
36.	R	Double Knifehand Block	B	H
37.	L	Knifehand Square Block	B	H
38.	R	Reverse Upset Knifehand Strike	B	H
39.	L	Punch	B	M
40.	B	Head Grab	F	H
41.	R	Knee Strike	--	M
42.	L	Side High/Low Block	M	H&L